



LEMON BUTTER SALMON IN PARCHMENT PARCELS

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

INGREDIENTS

1 ½ cups snap peas, strings removed (8-10 per parcel)

1 red bell pepper, julienned

1 green zucchini, sliced on the bias

2 shallots, peeled and thinly sliced

4 sprigs fresh thyme

4 sprigs fresh tarragon

4 Five-ounce (150 g) portions of salmon (or cod)

Salt & pepper

1 lemon, thinly sliced

4 Tbsp butter

Cooked basmati rice, for serving (optional)

1. Preheat the oven to 400°F (200°C). Cut 4 pieces of parchment paper to about 12-x-18 inches (30-x-45 cm). Fold each sheet in half along its width.

2. Lay out the open parchment sheets in front of you (or do 2 at a time). Divide the snap peas, julienned pepper, zucchini slices, and shallot between the parchment pieces so that the vegetables sit in the centre of the lower half of each sheet. Top the vegetables with a sprig of thyme and tarragon. Place a salmon portion on top of each vegetable collection and season lightly. Top each salmon portion with a few lemon slices and 1 Tbsp of butter on each.

4. To create the parcels, fold the paper in half so the top half covers the fish. Starting at one side of the crease, make a small fold in the paper on an angle away from the seam. Now make the next fold so that its crease overlaps with the first fold (this is how you create a seal) and continue all of the way around the fish, building an oval shape – the overlapping folds seal in the fish. Twist the parchment at the end to complete the seal. Place the parcels onto 2 baking trays. These can be made up to 6 hours ahead of time and chilled.

5. Bake the parcels for 18-20 minutes, until they inflate (the steam within flavourfully cooks the fish and vegetables). To serve, spoon cooked rice onto plates or bowls and slide a parcel beside the rice. Let each guest tear open their own parcel and dive in. You can eat directly from the parcel or discard the paper – the juices at the bottom can be enjoyed as a sauce.

*For a **vegetarian option**, replace the fish with a portion of firm tofu



Suggested Wine Pairing: VQA Gamay

Kew Vineyards 2019 Barrel Aged Gamay

13th Street Winery 2019 Gamay

Redtail Vineyards 2020 Gamay Rosé